

# Arroz Con Pollo

**Prep time:** 30 minutes

**Cook time:** 1 hour, 15 minutes

**Makes:** 4 Servings

This stewed chicken and rice dish comes together with tomatoes and traditional seasonings. This one-pan meal is an all time favorite.

## Ingredients

- 1 cup** long-grain white rice (uncooked)
- 4** 6-ounce chicken thighs (bone-in, skin removed)
- 1/2 teaspoon** Kosher salt
- 1/2 teaspoon** black pepper
- 1** yellow onion (peeled and chopped)
- 1** bell pepper (cored, seeded, and chopped)
- 3** garlic cloves (peeled and minced)
- 1 teaspoon** ground cumin
- 1 teaspoon** dried oregano
- 1 can** 14.5 ounce low-sodium diced tomatoes (including liquid)
- 2 cups** water
- 1** cube chicken bouillon

## Directions

### To prepare the rice:

1. Cook as directed on the package.

### To prepare the chicken:

2. To trim the chicken, lay the chicken thighs on the cutting board, skin side up. Push the chicken down a bit so the excess fat is on the cutting board (the excess is the part that isn't right on top of the chicken). Now,



## Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	363	
Total Fat	9 g	14%
Protein	26 g	
Carbohydrates	45 g	15%
Dietary Fiber	5 g	20%
Saturated Fat	2 g	10%
Sodium	580 mg	24%

## MyPlate Food Groups

Vegetables	3/4 cup
Grains	1 1/2 ounces
Protein Foods	3 ounces

using kitchen scissors or a sharp knife, cut off and throw away the excess fat. Pat the chicken dry with paper towels, then throw the towels away.

3. Place the skillet over medium high heat and when it is hot, add the chicken thighs, skin side down and cook until browned, about 5 minutes on each side.

4. Turn the heat off, carefully remove the chicken from the skillet and transfer to the plate. Pour off all but 1 tablespoon fat.

5. Reheat the skillet over low heat and add the onion, pepper, garlic, cumin, and oregano and cook until the onion is softened, about 10 minutes.

6. Add the cooked rice and tomatoes and stir well.

7. Add the water and bouillon cube and bring to a boil over high heat. Add the chicken, skin side down, turn the heat down to low and cover.

8. Cook for 20 minutes and then carefully flip the chicken, so that the skin side is up.

9. Cover and cook for an additional 20 minutes. Serve right away.